



City E-Currents

City E-Currents is a publication of the City of Hopewell.

Issue 16: April 2014

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Freda Snyder - Design & Illustrations

Mayor's Corner

"SPRING IS NATURE'S WAY
OF SAYING LET'S PARTY"

~ ROBIN WILLIAMS

Hopefully, spring has arrived and winter will retire its grip on Hopewell. This past winter has taxed our resources both financial and human. Our roads have taken a beating and as soon as you cleaned your vehicle it snowed again and it was dirty again.

A huge thanks to the men and women of our Public Works, Police and Fire Departments who worked many long hours to protect us and keep our roads in the best condition possible. It was a long, often repeated task for all of them.



Mike Bujakowski

See **MAYOR'S CORNER** page 2

City of Hopewell hires Social Services Director



Raymond Spicer

The City of Hopewell is pleased to announce the appointment of Raymond Spicer as the new Director of the Department of Social Services effective Thursday, February 27, 2014. Mr. Spicer replaces Nancy Treanor who had served the City of Hopewell for 41 years.

Mr. Spicer started his post graduate career in social work as an Adult Protective Services worker for Fairfax County Department of Social Services. He continued his career path in Arlington County Department of Human Services as a Bureau Chief for Emergency

Assistance and subsequently as the Administrator for Homeless Services; Director for Housing and Human Services, City of Falls Church. In addition, Mr. Spicer served as Director of Social Services Manassas City and Director of Social Services Dinwiddie County.

See **DIRECTOR** page 2

Mayor's Corner..... continued from page 1

But now we turn our attention to spring, the season of growth, blooming, planting, and pollen. We have much work to do this spring in Hopewell. Public Works is getting busy repairing and repaving roads, Keep Hopewell Beautiful is gearing up for clean- up projects, the 'Help Your Neighbor' program will soon be in full swing, and most folks will get out in the sun to work in their yards.

It is a season to party with the Optimist Shrimp Feast and Rotary Roast highlighting many events of which we may partake. The Beacon has great shows lined up and the Marina will be in full swing as boating and fishing season kicks off. May 17th has been tentatively scheduled as a Community Day at the Marina so bring the family down and look at the improvements. Activities will be planned so the entire family can enjoy the site. There is a lot to do in Hopewell, you should explore as many of the opportunities as possible.

So folks, get outside and clean up your yard (s) help your neighbors, have a cookout, enjoy our parks and rivers, and above all, have fun in Hopewell. Don't let spring come and go without enjoying the beauty nature provides for us this season.

I believe Alfred Lord Tennyson said something in his poem "Locksley Hall" to the effect of "in the spring a young man's fancy lightly turns to thoughts of BASEBALL". I could not agree more. If he didn't say this exactly as I remember he should have.

LEARN WELL, LIVE WELL, WORK WELL,
PLAY WELL, in HOPEWELL
"An Historic Riverfront Community"

Director..... continued from page 1

Mr. Spicer holds a Bachelor of Arts Degree in Psychology from the University of Maryland and a Masters in Social Work from Virginia Commonwealth University. Mr. Spicer is involved in numerous professional organizations. He currently serves as Chair of Professional Development Committee, Virginia League of Social Services Executives (VLSSE).

Mr. Spicer previously provided Social Work Field Instruction for George Mason University, Virginia Commonwealth University and currently Virginia State University. Mr. Spicer is extremely committed to promoting partnerships. Currently, a Board member for District 19/Community Services Board; Treasurer for Crater Coalition on Homelessness; Chair of Dinwiddie Local Emergency Planning Committee; Board member for Crater Smart Beginnings and a member of Dinwiddie Domestic Violence Task Force.

Mr. Spicer is an outdoor enthusiast- he enjoys hiking, biking, kayaking, tennis and walking Maggie, the golden doodle.

According to Mark Haley, Hopewell City Manager, "Ray Spicer is an experienced professional who truly brings a lot to the table for Hopewell's Social Services Department. His team oriented style makes him a great choice and a great person to lead the department."

City of Hopewell Employee of the Quarter

Mr. Benjamin Ruppert, Deputy Coordinator of Emergency Management has been an employee of the City of Hopewell Bureau of Fire since April 2001. Mr. Ruppert has over 16 years of experience in the field of emergency response. He was recently nominated and selected for Employee of the Quarter.

Mr. Ruppert is a graduate of the International Air Land Emergency Resource Team (ALERT) Academy where he received his first emergency response training, including firefighting and paramedic. Moreover, he has numerous courses at various levels of emergency management. Most recently, Mr. Ruppert was the 2014 recipient of the Fire Chief's Award for the procurement and implementation of the temporary Emergency Operations Center (EOC) equipment.

There are several categories to be considered when nominating an individual for this prestigious Employee of the Quarter Award. They are job knowledge, teamwork, dependability, quality of work and leadership. Mr. Ruppert is responsible



Benjamin Ruppert

for coordinating emergency planning activities for the City, including maintenance of the City's official Emergency Operations Plan.

This planning includes both internal coordination with City departments, as well as external coordination with industry and private partners through the local Emergency Planning Committee (LEPC). In addition, Mr. Ruppert is responsible for coordination and the overall response to emergencies and disasters,

through the management of the City's Emergency Operations Center.

"I have been blessed with the opportunity to serve the citizens of the City of Hopewell alongside a number of talented fellow employees. I am honored to receive this award, but my success has been in large part a product of teamwork. I hope to continue to serve our citizens in a way that will bring glory to God and the rest of the team here in Hopewell."

City of Hopewell Employee of the Month, March 2014

Mr. Glen Davis was selected Employee of the Month for March 2014. Mr. Davis served as the City of Hopewell's Accounting Manager, Finance Department. Mr. Davis is a native of Hopewell and had worked for the City for 27 years. Moreover, he will be retired from the City at the end of March 2014.

Mr. Davis performed a wide range of accounting duties and responsibilities. His primary duties included oversight and maintaining the general ledger; day to day supervision of the Finance Department including staff in accounts receivable, accounts payable, payroll, grants management and other financial functions; preparation of monthly, quarterly, and annual financial reports and worked closely with the Director of Finance in preparation of schedules and journal entries in preparing the Comprehensive Annual Financial Report (CAFR).

The Employee of the Month Award recognizes excellence and the outstanding contribution provided by employees



Glen Davis

of the City. The criteria for nominating an employee are embodied in the following areas: Service, Excel, Reliable, Versatile, Inviting, Courteous and Empathy. The Employee of the Month recipient receives a certificate, t-shirt, photo with supervisor and City Manager and the Mayor has donated his parking spot to recognize an employee each month at City Hall.

Mr. Davis graduated from Hopewell High School. In addition,

Mr. Davis earned an Associate's in Applied Science Degree (AAS) from John Tyler Community College, a Bachelor of Science Degree (BS) from St. Leo University and a Master's Degree in Business with a concentration in accounting from Central Michigan University.

Mr. Davis is past president of the Hopewell Kiwanis club, a member of Vantage Point Federal Credit Union Board of Directors and a United States Navy Veteran.

City of Hopewell Announces New Curbside Recycling Collection! & minor changes to Trash Collection

NEW RECYCLING SERVICES:

- Residents will receive a new green cart with a yellow lid for recycling. No additional cost!

- Recycling carts will be delivered beginning the week of June 18.

- Recycling will be collected EVERY OTHER WEEK on WEDNESDAY. Collections will take place on RED or BLUE Weeks. A collection schedule will be attached to each cart when the cart is delivered.

- Recycling carts must be at the curb by 7:00 am on collection day (handle facing the house and 5 feet from any car or mailbox and 2 feet between multiple carts).

- RECYCLE only Paper, Cardboard, Aluminum and Steel Cans, Glass Bottles and Jars, Plastic Bottles with a #1 or #2 on the bottom.

Call the Recycling HOTLINE at (804) 340-0900

**Curbside Recycling Starts in July 2014
Recycle These Items Only in the GREEN/YELLOW Cart!**



But not these please!

No plastic bags of any kind
No plastic tubs or cups
No plastic food trays
No plastics labeled 3-7

No lids or caps
No wax-coated milk or juice cartons
No Styrofoam
No food contaminated items

TRASH COLLECTION SERVICES:

- Residents will continue to use existing trash cart.
- Trash will be collected WEEKLY – ALL on MONDAYS (this will be a change for some).
- Downtown area will be collected on THURSDAYS (Litter baskets will be collected on Mondays and Thursdays).
- Trash carts must be on the curb by 7:00am on collection day (handle facing the house and 5 feet from any car or mailbox and 2 feet between multiple carts).
- Additional Carts may be purchased for \$58.
- Bulky Waste (such as furniture, appliances, etc.) should be placed at the curb w/ the cart on collection day. Up to the equivalent of a ½ ton pickup truck will be collected. If possible, please call ahead the Trash Collection Hotline at (804) 425-0500 to schedule collection.
- Brush and Yard Waste (includes grass clippings, weeds, leaves, brush)
 - Must be bagged and securely tied (up to 30 bags collected at a time).
 - Limbs and brush cut to 4 feet in length and weigh

less than 75 pounds.

- Other Trash Do's and Don'ts:
 - Place extra trash in tied trash bags next to cart for collection. No loose trash.
 - Do not place trash on top of cart.
 - No personal trash cans will be collected.
 - Motor oil, anti-freeze and hazardous waste WILL NOT be accepted.
 - Do not overload cart (200 lb. limit)
 - Construction waste WILL NOT be accepted (such as lumber, wire, sheetrock, concrete, etc.).

HOLIDAY COLLECTION SCHEDULE:

Trash or recycling will not be collected on the following holidays:

- New Year's Day
- Memorial Day
- Independence Day
- Labor Day
- Thanksgiving Day
- Christmas Day

When trash or recycling is scheduled on one of these holidays or a day earlier in the same week, collection will occur one day later (i.e. Monday collection on Tuesday). Trash and recycling collection will not be affected by other holidays observed by the City.



Call the Trash HOTLINE at (804) 425-0500

EVENTS



Leprechaun Dash

Congratulations to team "Lucky Charms & Looking for My Lucky Charm" on being voted best group costume! The team won a \$25 gift certificate to Omega's. The weather was great, and there was no rain for a change—lucky indeed! Thank you to all the participants



APRIL & MAY WEDNESDAY WELLNESS WALKS!

Walk, learn, explore and earn!

Join us on walks every Wednesday in the months of April and May. Help us help you! Walkers take advantage of a group setting to talk, relax and exercise in a stress-free setting. Explore City Point and earn wellness dollars to help lower your premiums. And, most importantly, work towards becoming a healthier you! ***At the conclusion of this event, participants may receive an added bonus prize! ☺*

JOIN US EVERY
WEDNESDAY IN
APRIL AND MAY
FOR WELLNESS
WALKS!

WHERE:
GROUPS WILL MEET
OUTSIDE OF THE
BEACON THEATER

WHEN:
APRIL 9TH –
MAY 28TH
12:00 P.M.
FOR A MILE LONG
WALK

**THE WELLNESS
COMMITTEE**
*Help create a
healthier
Hopewell.*



**GET READY.....CALLING ALL
RUNNERS AND WALKERS TO SIGN UP
EARLY**

FOR THE HOPEWELL-PRINCE GEORGE HEALTHY FAMILIES



SECOND ANNUAL

2 MILE 'WALK/RUN FOR BABIES' FUNDRAISER

APRIL 26, 2014

Registration is open to save your spot in the 2014 walk.

Registration at 7:30 AM- Walk starts at 8:00-10:00 AM

Starting at Atwater Park, 100 Atwater Street

(Off River Rd. in Hopewell across from Crystal Lake Park)

**We challenge groups to participate (Child Daycare Centers & Children,
Schools, Greek Organizations, Companies, Agencies and Churches).**

Trophies will be given out

Your contribution and active participation will help continue our efforts of preventing child abuse and promoting positive parenting practices.

For more information on how to be a sponsor or to participate in the walk, please contact:

Bernetta Quinn, Program Director
Hopewell-Prince George Healthy Families
200 W. Randolph Road, Hopewell, VA 23860
(804) 458-9271 ext. 1

Please fill out the Registration Form and mail it to the address above or leave it with a staff

Hopewell-Prince George Healthy Families

"Healthy Families equals healthy communities"



March 1, 2014

Bernetta R. Quinn, Director

Mark White
Advisory Board, Chair

Dr. Cheryl Riggins
Advisory Board, Vice-Chair

MEMBERS:

Herbert Bragg
Otis Bryant
Shel Bolyard-Douglas
Melvin Grayson
Corey Gilpin
William Gandel
Joyce P. Jones
Linda McNeil
Kathryn Thompson
Marlene Waymack
Crystal Wynn

Dear Community Leader & Sponsor:

Hopewell-Prince George Healthy Families is an accredited, non-profit/governmental agency that makes home visitation services available to ALL parents who reside in Hopewell and Prince George. We provide home visitation services to families who are prenatal or post-natal. Participation is **FREE** and **VOLUNTARY**. Home Visitors provide child development screenings, parent/child interaction, parenting skills, discipline and referrals to resources. We promote positive parenting and our mission is to assure that children are born healthy, reach school age healthy, ready to learn and grow to be contributing members of their communities.

Join us in our second 2 mile Walk/ Run for Babies by sponsoring a walker/runner or sponsoring the walk. The Walk/Run for Babies will benefit the home visiting program that serves "at risk parents." To sponsor the walk/run, make a contribution of \$100 or more and your name will be added to the t-shirt and you will sponsor children walking in the Walk/Run for Babies. A sponsorship of \$500 or more will add your company's or agency's name to the banner and a t-shirt and you will sponsor the registration for 10 children. You will also receive free paraphernalia to be given out the day of the walk.

If you or your company would like to participate as a contributor or walker, please contact Bernetta Quinn for pledge sheet or sponsorship information. Thank you in advance for your contribution to this cause. Please make checks payable to New Directions for Broken Families in care of Healthy Families. Your contribution will be tax-deductible through New Directions for Broken Families. Please mail all checks or money orders to:

Hopewell-Prince George Healthy Families-Walk for Babies

200 W. Randolph Road

Hopewell, Virginia 23860

(804) 458-9271 X 1 or Fax 458-7770

Sincerely,

Hopewell-Prince George Healthy Families

Attorney General Mark Herring,

in partnership with

the Virginia Department of Criminal Justice Services,

City of Hopewell, Hopewell Police Department,

Hopewell Redevelopment & Housing Authority, and

Hopewell Department of Parks & Recreation,

invites you to

Hopewell Community Day: Uniting Communities



Improving Virginia
One Community at a Time

Saturday, May 17, 2014

10:00 a.m. to 2:00 p.m.

Location: [Mathis Field, 3600 River Road](#)

Please join us for a day of community service, fun, and celebration!





Hopewell High School Forensic Team Wins

The seventeen students representing Hopewell High School's Forensic Team scored enough points to take home a first place victory at Thursday's Conference 26 Tournament.

"Hopewell High School has reclaimed the title of conference champs," beamed Mary Katherine Steed, the school's Forensics Coach. She explained that the school not only competed in, but hosted the event as well. "The team did an amazing job!"

The students took home over 10 first and second place medals in competitions ranging from Original Oratory to Storytelling. Hopewell High School competes as part of the National Forensic League that promotes speech and debate contests, all across the nation, for more than 130,000

coaches and students.

Individual winners included: Matt Frink - 4th place in Extemporaneous Speaking, Harrison Cancino - 2nd place in Extemporaneous Speaking, Natalie Nino - 4th place in Original Oratory, Dylan Tracey - 3rd place in Original Oratory, Jeff Baker - 2nd place in Impromptu, Jessica Bell - 1st place in Storytelling, Madison Rush - 2nd place in Prose, Nich Lozano - 4th place in Poetry, Elizabeth Majewski - 2nd place in Humorous Interpretation, Haley Hemphill - 1st place in Humorous Interpretation, Blaise Michaud - 2nd place in Dramatic Interpretation, Yesmeen Shabazz - 1st place in Dramatic Interpretation, Dominique Harrison and Devon Stephenson - 1st place in Humorous Duo, and Alice Santos and Kaitlin McClaskie - 1st place in Serious Duo.



FREE HEALTH AND DENTAL CARE

VSU Cares

April 12, 2014
7:00 a.m.—5:00 p.m.
Daniel Gymnasium

Virginia State University

To pre-register, call
804-524-0132 on April 2, 2014
8:00 AM - 11:00 AM for pre-registration

- **FREE** Dental Care
- Mammography
- Blood glucose testing
- Hearing and vision screenings
- HIV screening
- Breast Examinations and Education
- Prostate Health/Men's Health
- Blood Pressure Screening
- Diabetes Screening
- Safety Net Providers



Dental services limited to 150 patients and pre-registration is **REQUIRED** for dental services. People with no dental insurance are strongly encouraged to participate!

For more information about how you can become a sponsor or receive care, please visit www.vsu.edu or contact VSU Cares via e-mail at vsucares@vsu.edu.

**** Pre-registration is required for dental services,
but does not guarantee dental treatment**

SPONSORED BY

Virginia State University VCU Medical Center
Lions International Rotary International
Old Dominion Dental Society, Inc. Southside Dental Society
Virginia Dental Association Foundation

THE JOBS PROGRAM

(Job Oppportunity Basic Skills)

Curriculum – Business Teaching Business to the Workforce of Tomorrow

Internship – It's Not Just a Job, It's a Mentorship

MISSION: A youth workforce development program that provides 8th and 9th grade students in the City of Hopewell and Prince George County with training in workforce readiness, life skills, character education, and wellness.

GOALS: Learn (Curriculum) + Practice (Internship) = Job Skills

Curriculum: Students gain knowledge about non-cognitive or “soft” skills.

Internship: Students gain experience and an introduction to the workplace.

STUDENTS: Students attend Hopewell High School, Woodson Middle School (Hopewell), and Clements Junior High (Prince George) and are eligible for work permits. Class attendance is required (only 3 absences are allowed), and students must have passing grades in all of their classes in order to participate in the internship.

INTERNSHIPS: Employers hire students at minimum wage (currently \$7.25 per hour) for at least 80 hours of work [totals \$580 plus payroll taxes] between mid-June and mid-August. Work schedules are negotiated between the student, their parents/guardians, and the employer. Our goal is to have all of the internship employers identified by April 1 so we can complete student placement in early May (before SOL tests begin).

Employers and their employees are role models and mentors for the interns, and guidelines and evaluation forms are provided by the program. If the student does not respond favorably to the internship, they may be released from the program after the Coordinator is contacted and counseling takes place. There is no employment obligation from the employer to the student after the internship is over.

The program year ends in August with a graduation ceremony to which students and their families, employers, instructors, and donors are invited. Since the program was piloted in 2005, close to 300 students have participated.

CURRICULUM LESSONS: To prepare them for the world of work, students attend after school classes that are taught by volunteer instructors/role models from the local community. Each week students receive a “Healthy Tips” handout provided by the YMCA, and this year's class topics are:

1. Appropriate Appearance
2. Responding to Authority
3. Responsibility and Time Management
4. Managing Your Money
5. Active Listening and Non-Verbal Communication
6. Verbal Communication and Teamwork
7. Written Communication – On the Job
8. Written Communication – Getting the Job
9. Job and Career Search Strategies [new this year]
10. Networking and Volunteering
11. Employee/Employer Relationship
12. Conflict Resolution
13. STEM Group Problem Solving
14. Interviewing Skills
15. Mock Interviews
16. Refresher/Orientation

REGISTER TO VOTE AND



GET INVOLVED!!!

DEMOCRACY IS NOT A SPECTATOR SPORT!

What are you planning to do on Election Day?

If your answer is “not much” or “I don’t know,”

Then the Hopewell Electoral Board may have a job for you.

If you are a registered voter in Virginia and have an interest in politics, elections, and providing a service to your community...you may be eligible to participate in one of this country’s most important events...

Election Day.

Each of Hopewell’s 7 Wards has a “team” of Officers of Election who are responsible for conducting elections.

How do you become an Officer of Election?

First...read the information provided to see what is involved in becoming an Officer of Election.

If you are interested, complete the application. If you have questions, call the Hopewell Voter Registration office at 541-2232.

Your name will be placed on a list of candidates considered for appointment as an Officer of Election.

Ward assignments are made before each election. An Officer who does not receive an assignment notice for the upcoming election is considered to be an alternate officer. Because last minute emergencies prevent many assigned Officers from working on Election Day, our "Alternate Officers" form a very important back up team.

What's in it for you?

A hard day that begins at 5:00 a.m. and usually ends between 8:00 and 9:00 p.m.

- More hard work than you have probably ever done in one day
- More excitement than you can pack into a week of Saturday nights
- Money...but not nearly what you will deserve
- Being a part of the Election Day team for great experience
- The satisfaction in knowing you have served your community

What's the catch?

- Attend a 2-3 hour training session
- Serve under the supervision of the Chief Officer of Election in your assigned Ward
- Arrive on time and not leave the polling place until all Election Day duties are complete
- Be strictly impartial at all times
- Not discuss politics, candidates, or issues with anyone at the polling place
- Be familiar with Election Day etiquette, use appropriate language and behavior
- Not visit with family, friends, and neighbors who are in the polling place to vote
- Not use cell phones, pagers, or any other electronic communication devices in the polling place unless it is part of the official duties.

INTERESTED? WHAT'S NEXT?

Complete the application. Scan and e-mail to
pclark@hopewellva.gov
 or mail to the Hopewell Voter Registration office.
 If you have any questions, please call 541-2232.
 Hopewell Voter Registration
 309 N. 2nd Ave
 Hopewell, VA 23860

PUBLIC continued



WOULD YOU LIKE TO APPLY?

Yes, I would like to work as an

Officer of Election.

Name

Residence Address

Telephone

Email Address

I have read the information in this brochure and I understand what is required to serve as an Officer of Election and I would like to be considered for Appointment

Signature



City of Hopewell



SATURDAY, APRIL 19, 2014 - SATURDAY, APRIL 26, 2014

Keep Hopewell Beautiful in partnership with the Hopewell Public Works Department has scheduled Spring Citywide Clean-up from Saturday, April 19th to Saturday, April 26th.

Hours of operation during “Spring Clean-Up” at the Citizen Convenience Center are 12:30 p.m. to 6:00 p.m. Monday-Friday, and Saturday from 8:00 a.m. to 6:00 p.m. Citizens are encouraged to participate in this effort by cleaning around their homes and along their streets. During this week, Hopewell residents may dispose of trash at no charge at the Citizen Convenience Center located at 507 Station Street, behind Fire Station #1. There will be the usual \$10.25 fee for the removal of freon to dispose of appliances.

The following items will not be accepted at the Citizen Convenience Center: concrete, masonry, garbage (items normally disposed of in your trash toter), paint of any kind, batteries, automobile motors, and hazardous waste materials. Tires are limited to four (4) per citizen, and they must be separated from the rim. There can be no more than eight (8) tires per household.

Firestone Tire located in the Cavalier Square Shopping Center is partnering with the City and will also accept up to four (4) tires per person and batteries (no limit) during Spring Clean-Up Week.

Remember, “Spring Clean-Up” activities apply to Hopewell residents only.

Help make your neighborhood and city clean and beautiful.



For additional information contact:

Department of Development
300 North Main Street, Suite 300
Hopewell, VA 23860
(804) 541-2220



Register your clean up event on the Keep Hopewell Beautiful Facebook Page. Take pictures of the event and upload.

National Drug Take Back Initiative will be held Saturday April 26, 2014 from 10am-2pm at Hopewell Police Department

Hopewell Police Department in conjunction with the DEA will once again participate in the eighth annual National Drug Take Back Initiative. On Saturday April 26, 2014 from 10am-2p bring any unused or expired medication to our police department and we will properly dispose of the medication for you at no cost.

Address/Location
Hopewell Police Department
300 N Main St
Hopewell, VA 23860



April marks Child Abuse Prevention Month

April is National Child Abuse Prevention Month and Hopewell-Prince George Healthy Families is partnering with Hopewell Department of Social Services and Smart Beginnings and Prevent Child Abuse Virginia to raise awareness about the role everyone can play in valuing children and strengthening their families.

Thousands of Virginia children suffer abuse or neglect every year. In FY 2013, there were 51,346 children reported as possible victims of abuse and/or neglect. The Virginia Department of Social Services found that 6,205 children were maltreated, and of those, 29 children died as a result of abuse and/or neglect.

The statistics can be overwhelming, but they are reminders that no one can afford to look the other way. Everyone can find a way to make a

difference so that children reach their potential.

On Friday, April 11, 2014, several of the above agencies collaborated to show their support in a press conference to discuss what they are doing in the community to prevent child abuse and neglect in Hopewell. There were city officials and Delegate Riley Ingram and Delegate Rosalyn Dance on hand to take part in this event. Pinwheels for prevention were given out to each person attending and several events and activities are taking place in Hopewell to show awareness. We ask the public to support organizations such as Healthy Families. You can take part by purchasing a pinwheel, walking in the "Walk for Babies" of April 26, 2014 or sponsoring a child to take part in the walk. For more information please contact Bernetta Quinn, Healthy Families Director at 458-9271 X 1.

Safety Awareness

Smoking and Mental Health

It's an age-old question:

Should patients be discouraged from trying to quit smoking at the same time they are being treated for psychiatric disorders or addictive diseases? And could quitting cigarettes jeopardize their success in recovery programs for these more immediate, potentially life-threatening conditions? New federally funded research indicates that smoking cessation may actually *help* rather than interfere with such treatment, by contributing to the improved mental health of the patient. If you're being treated for a mental health condition or drug or alcohol addiction, and you also smoke, talk to your doctor first. Follow his or her recommendations.

Source: www.wustl.edu (Search bar: "smoking and mental health").



What's New about Teen Stress?

Teens are about 33 percent more stressed than adults, according to an American Psychological Association

"Stress in America Survey" that compared 1,000 teens to 2,000 adults. Teen complaints include a broad mix of school, work, family, and issues with friends. These issues aren't new, but how teens cope with stress has changed. Unlike 30 years ago, fewer teens exercise regularly; they pick more unhealthy food choices, skip meals more often, and get less sleep. To de-stress, many are drawn to technology, video gaming, and the Internet. Adults practice these less healthy behaviors too, but poor coping skills are showing up earlier. Drugs of abuse are stronger and perceived prohibitions are fewer, adding to the problems teens face. Help your teen by offering coping strategies at an earlier age, when he or she may be more receptive. Invest time in your child regularly, early, and often, and participate in "process communication" so he or she learns and discovers the value of supportive quality relationships, which can help manage stress and solve problems. Source: www.apa.org (Search bar: "teen stress").



Violence: #1 Cause of Workplace Fatalities for Women

Don't think that workplace violence is primarily a problem that affects men. The latest statistics show that the leading cause of death for women in the workplace is not accidents or falls, but homicide. Sound hard to believe? In 2012, 463 workers in the U.S. were killed as a result of violence in the workplace (that's actually fewer than normal.) Of the 338 fatal injuries involving women, no cause of death was higher than homicide (29%). Still, only sensational acts garner attention in the news. Generally, women are more vulnerable than men to violence from acquaintances, former spouses or partners. Many domestic abuse incidents carry over to the workplace, and workplaces prone to higher rates of violence are often medical and health care, social service, or personal care settings, where a higher percentage of women tend to work. Two-thirds of workplace homicides occur in these types of settings.

Source: <http://www.bls.gov> (Search bar: USDL-13-1699)



Diet Hazards for Shift Workers

If you're a shift worker, new research shows that you may have a more inflammatory diet than employees who work regular

hours. You may consume more fast foods, sugar, white bread, and high-fat nuts, and you may be more likely to grab cheeseburgers or donuts on the run. Inflammatory foods are harsher on your body, and researchers believe this irritation, when frequent or continual, can increase the risk of disease. Consider this: View the "personal protection" of a proper diet as important as a hard hat or other protective clothing or equipment.



DO YOU KNOW YOUR CITY COUNCILORS?

Mayor Michael C. Bujakowski	Ward # 3	PH: (804) 731-0513
Vice Mayor Jasmine Gore	Ward # 4	PH: (804) 541-2249
Councilor Christina Luman-Bailey	Ward # 1	PH: (804) 541-2249
Councilor Roosevelt Edwards, Jr.	Ward # 2	PH: (804) 541-2249
Councilor Wayne Walton	Ward # 5	PH: (804) 541-2249
Councilor Brenda S. Pelham	Ward # 6	PH: (804) 720-8619
Councilor Jackie M. Shornak	Ward # 7	PH: (804) 541-2249

CITY DEPARTMENT

City Manager
 City Attorney
 City Clerk
 Comprehensive Services Act
 Economic Development
 Engineering
 Finance
 Fire
 Healthy Families
 Human Resources
 Information Systems
 Intergovernmental & Public Affairs
 Director of Neighborhood
 Assistance & Planning
 Police
 Public Works
 Purchasing
 Real Estate Assessor
 Recreation
 Director of Regional Wastewater
 Treatment Facility
 Risk Management
 Emergency Services
 School Superintendent
 Social Services
 Tourism
 Voter Registrar

DIRECTOR/OFFICER PHONE

Mark Haley 541-2243
 David Fratarcangelo 541-2247
 Cindy Ames 541-2249
 Jamilliah Karriem 541-2470
 J. Andrew Hagy 541-2243
 Johnnie Butler 541-2319
 Jerry Whitaker 541-2306
 John Tunstall 541-2288
 Bernetta R. Quinn 458-9271
 Gail Vance 541-2246
 Terry Newton 541-2225
 Herbert Bragg 541-2270

 Tevya Griffin 541-2220
 John Keohane 541-2282
 Ed Watson, Jr. 541-2295
 April Cone 541-2205
 Patrizia Waggoner 541-2234
 Jo Turek 541-2304

 Jeanie Grandstaff 541-2210
 Dave Harless 541-2203
 Ben Ruppert 541-2298
 Dr. John Fahey 541-6400
 Ray Spicer 541-2330
 LuAnn Fortenberry 541-2461
 Pam Clark 541-2232

CONSTITUTIONAL OFFICERS

Master Commissioner of the Revenue	Debra Reason	541-2237
Commonwealth's Attorney	Richard K. Newman	541-2255
Sheriff	Luther Sodat	541-2301
Treasurer	Terri Batton	541-2240
Circuit Court Clerk	Tamara Ward	541-2239

PARTNER AGENCIES

Appomattox Regional Library	Scott Firestine	458-6329
General District Court Clerk	Deborah A. Hatcher	541-2257
Hopewell Health Department	George Verghese	458-1297
Hopewell Redevelopment and Housing Authority (HRHA)	Steven Benham	541-1458